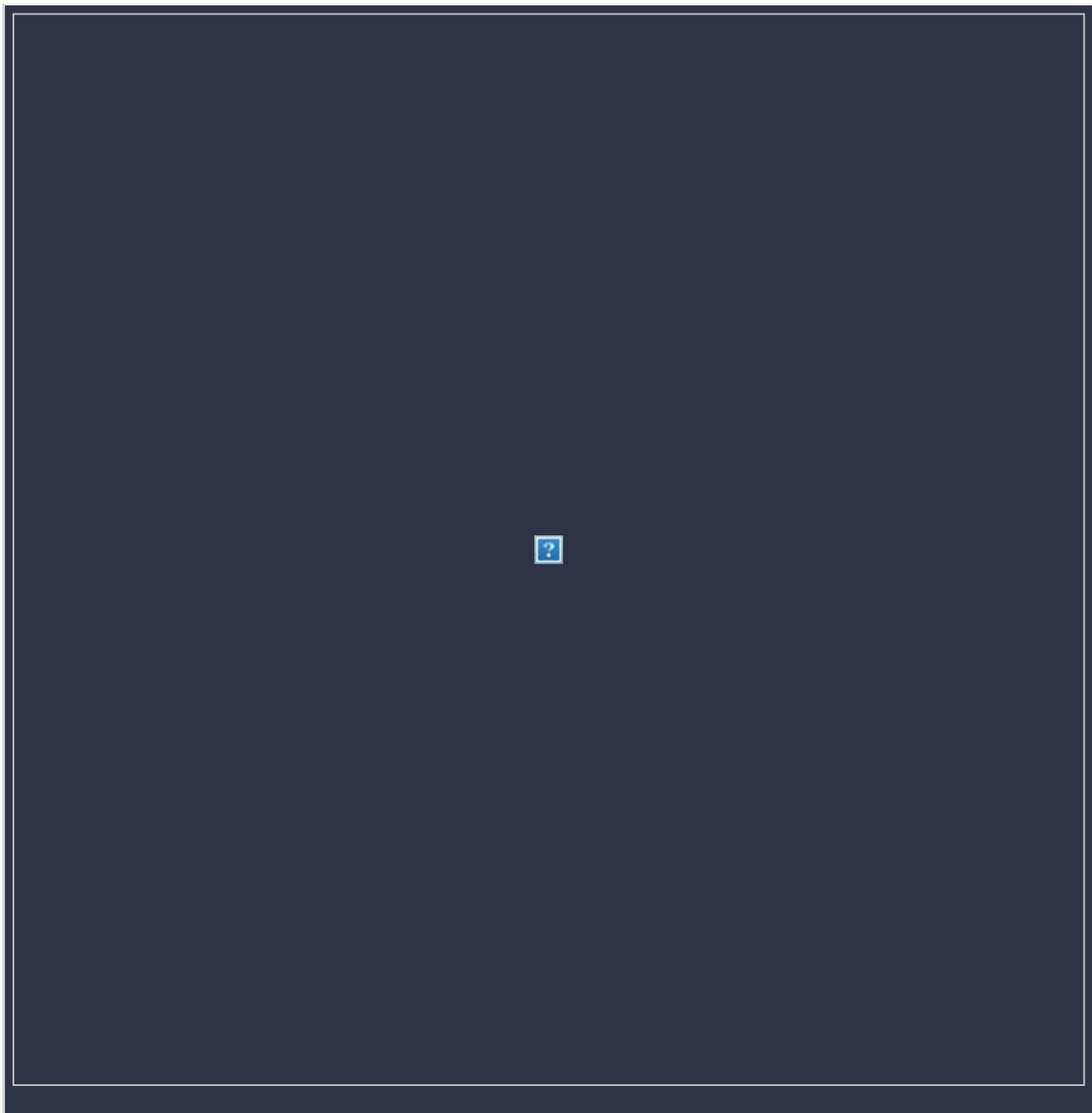


From: [New from Zócalo](#)
To: [Kent Smith](#)
Subject: Tattoos Are Proof We Exist
Date: Tuesday, July 21, 2015 3:06:54 AM



What It Means to Be American

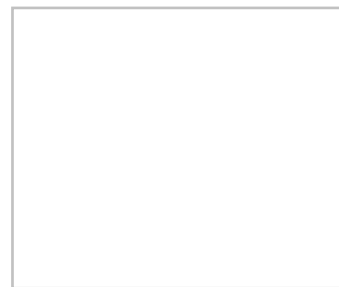
Abolition and Emancipation Were Not the Same Thing

After the Civil War, Rosa Herera Wanted More Than Freedom--She Wanted Justice

BY ADAM ROTHMAN

Early in 1865, in the city of New Orleans, a newly freed woman named Rose Herera made a startling allegation. She told a local judge that her former owner's wife, Mary De Hart, had abducted three of her children and was holding them in bondage in Cuba. She wanted De Hart prosecuted for kidnapping, and she ...

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Wednesday, July 29, 2015, 7:30 p.m.

Is Healthy Living Only for the Rich?

A Zócalo/The California Wellness Foundation Event

Moderated by Anna Gorman, Senior Correspondent, Kaiser Health News



Americans are eating healthier, smoking less, exercising more, and living longer than ever before--but only if they can afford it. The growing gap between the incomes of rich and poor Americans is mirrored by a growing gap in nutrition, longevity, and healthy behaviors. The poorest counties in the country also boast the highest rates of diabetes. Residents of the nation's poorest states also have the lowest life expectancies. Mental health, too, is connected to economics: Americans in poverty are twice as likely to report having been diagnosed with depression. What disparities--access, education, and free time among them--are behind these differences? And is it possible that those who have enough disposable income so caught up in fitness and food trends--zumba and kale, CrossFit and juicing--that they've become inured to deeper, pervasive wellness issues facing the less wealthy? **LaVonna B. Lewis**, of the USC Price School of Public Policy, **Tracie McMillan**, author of *The American Way of Eating*, and **Roshan Bastani**, director of UCLA Kaiser Permanente Center for Health Equity, visit Zócalo to discuss why all Americans don't have an equal opportunity when it comes to their health, and what can be done to level this playing field. [DETAILS](#)



Nexus

Tattoos Are Proof We Exist

Amidst Change and Turmoil, Our Bodies Are the Best Place to Store Memories

BY KY-PHONG TRAN

Pressed up against the Pacific Ocean and the county line, my hometown of Long Beach is the last city in Los Angeles.

Since its founding in 1897, Long Beach has long been a ...

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Wednesday, August 19, 2015, 7:00 p.m.

What Is the Future of L.A.'s Transit?

Phillip Washington visits Zócalo to talk about how his experiences in Denver and the



military have prepared him to run Metro, where L.A. fits into America's larger transit landscape, and the politics of urban transportation today. [DETAILS](#)

Nexus

How an Abandoned Bus Station Became a City's Creative Hub

Hailed as a Leader in Tijuana's "Rebirth," the Terminal-Turned-Collaborative-Space Quickly Grew Into a Victim of Its Own Success

BY DARIN BEAMAN

Standing under the multi-colored glass ceiling in the former Mexicoach bus terminal, Tijuana native Miguel Buenrostro asked a small group of visitors, "What does it feel like to destroy something beautiful?" A chilling question. One that will be answered for ...

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New at Zócalo

[A Eulogy for a Delano Farmworker](#) BY DOROTHY JOHNSON

[A Writer Who Eats Handfuls of Arugula When Stressed](#) IN THE GREEN ROOM

[Being on My Own is a Little Scary, but I'll be OK](#) #myLAcommute

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